

Parent Information  
School Age Children

# Diarrhea



## Your child has diarrhea.

Frequent, loose stools (bowel movements) are called diarrhea. A child may also have cramps and/or nausea and vomiting when they have diarrhea. Certain medicines, a change in diet, or germs may cause diarrhea.

## Things to do at home:

- **WASH YOUR HANDS!** Hand washing prevents the spread of germs. Wash your hands when working with food or after using the bathroom. Teach your child to wash his or her hands also.
- Clean your bathroom and kitchen with a disinfectant that will kill bacteria and viruses.
- Clean toys a sick child may have played with.
- Give your child plenty of liquids, to replace the liquids lost with the diarrhea. Your child's health care provider may tell you to offer oral rehydration solutions such as Pedialyte®, Ceralyte® or Oralyte®. Water is good if your child is not vomiting. Sometimes a child will take liquids better if they are frozen or slushy and can be eaten with a spoon.
- If your child is not vomiting, your child can eat most foods that are not fatty or sweet. Examples of foods to give your child are:
  - Rice, wheat, and oat cereals
  - Plain crackers, bread
  - Yogurt
  - Vegetables
  - Fruits
  - Soups made with vegetables and cereals, such as vegetable soup with rice
  - Chicken, boiled or baked, with the skin pulled off
- Until your child is well, don't give your child:
  - Milk
  - Greasy food, such as hamburgers, french fries, or pizza
  - Butter or gravy
  - Fruit juice
  - High sugar foods or drinks, such as sodas or sweet tea

## Contact your child's health care provider if any of the following occur:

- The diarrhea has blood in it or the stools look black
- Your child has very bad stomach pain
- Your child may be getting dehydrated (not urinating as much as usual, mouth and eyes look dry)
- The diarrhea lasts for more than three days
- Your child has a temperature of greater than or equal to 101° F by mouth or greater than or equal to 100° F under his or her arm
- Your child is also vomiting
- Your child acts like he or she feels very bad

*Brand names used in this document are only meant to be examples. SC DHEC does not endorse any of the brand names in this document.*

*Information from DHEC's Child Care and School Exclusion Lists: In certain situations, children with diarrhea may be excluded from child care or school until the diarrhea has stopped or a health care provider determines the child is well enough to return.*

*For additional information about exclusion when a child has diarrhea, see the DHEC Child Care and School Exclusion Lists of Contagious or Communicable Diseases at <http://www.scdhec.gov/health/disease/exclusion.htm>*

Child's Name \_\_\_\_\_

School Nurse \_\_\_\_\_

Date \_\_\_\_\_

School \_\_\_\_\_

School Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_



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